

A fundamental principle of correct saddle fit is that the saddle should never contact bone. This principle is forgotten when it comes to bits. A metal rod in the mouth makes direct contact with unprotected bone at the bars

- Not surprisingly, bits commonly cause painful bone spurs to develop on the bars
- The bit method of "control" is Bronze Age technology
- Bits do not control horses. On the contrary, they are the most frequent cause of complete loss of control, e.g. bolting, bucking and rearing
- Horses can defend themselves from the bit (and further deprive the rider of control) by placing the bit between or against their teeth, and under their tongue
- The horse's mouth is one of the most sensitive parts of its anatomy
- The bit invades a body cavity and causes pain and/or the fear of pain
- Bits frighten horses and make them nervous, "hot", and inclined to spook
- A painful rein-aid prevents a horse from "listening" to what the rider is trying to signal with seat and leg aids. "Hands" should be subservient to "seat and legs"
- Bits cause over one hundred types of pain-avoidance behavior. Such behavior is not aversion or a vice but a normal, evolutionary survival response. Pain or fear triggers flight, fight and freeze responses

- Some of these responses, occurring in a ridden horse & in man's environment, are potentially fatal to both horse and rider. All of them destroy the horse's sense of trust and any hope of harmony & true partnership
- Others are career ending, e.g. bit-induced facial neuralgia (headshaking)
- Evasion of the bit results in obstruction of the airway at the level of the throat
- Pain and partial suffocation leads to stress, poor performance, premature fatigue, lack of focus, loss of coordination, stumbling, falls, broken legs and euthanasia
- A running horse takes one stride for every breath. If it cannot breathe neither can it stride. Bits shorten the stride and destroy the grace and rhythm of the gait
- The bit is a cause of forty different diseases
- Some of these diseases are potentially fatal, e.g. "bleeding in racehorses"
- Many are diseases which have in the past been classified as of unknown cause, e.g. headshaking, "bleeding," soft palate problems, epiglottal entrapment, etc.
- Like the bit, all the traditional bitless bridles (hackamores, bosals and sidepulls) are pain-based, i.e. their mode of action depends on their ability to cause pain
- The cross-under bitless bridle (CBB) is the first pain-free bridle
- It is the only bridle compatible with the physiological needs of the horse

- The CBB provides a safer and more effective method of communication than the bit, enhances performance, and fosters harmonic horsemanship
- The CBB is usable on any horse, for all disciplines and by riders of all ages and skills from novice to professional. It is especially indicated for disabled riders.
- Cruelty is defined as the infliction of avoidable pain and suffering
- Since the introduction of the CBB, bit pain and suffering is avoidable
- By definition, the bit is cruel.

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